The Orthodox Herald

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Volume 48, No. 4 ISSUE 567 **AUGUST 1999**

THE DORMITION OF THE MOTHER OF GOD

This Holy Day is celebrated on August 15/28. There is a two-week fast before day beginning on August 1/14. It is given the name "Dormition" or "Falling Asleep" because the Mother of God died quietly, as if falling asleep, and because of her short stay in the grave. After three days, she was resurrected by the Lord and ascended into heaven.

This event is not mentioned in the Holy Bible but it is found in Holy Tradition. It teaches that at the time of her passing, she was living in the house of the Apostle John in Jerusalem, which was located on Mount Zion. One day when she was praying, the Archangel Gabriel appeared to her with a branch from a date palm in Paradise. He told her that in three days she would finish her earthly life, and the Lord would take Her to Himself. At this time the Apostles were traveling throughout the known world preaching the Word of Christ. But they were miraculously brought to her bedside. Only Thomas was missing.

After her passing, her body was carried to a tomb in Cedron near Gethsemane. When Thomas arrived three days after she was buried, he wanted to see her for the last time. When her tomb was opened, it was empty. Mary passed beyond death and into full glorification of her body and soul, just as the Pascha of Our Lord promises us, and which we all hope to share.

It is important to remember that there are no relics of the Mother of God and no mention has ever been made of their existence. However, there are centers of pilgrimage where her belt and veil are venerated, but no relics.

Herbs and flowers are blessed on this day. It is said that when the tomb was opened for St. Thomas, the fragrance of flowers was very strong. The herbs were used for healing. Put them in your ikon corner where they will become a living sign of God's abiding presence around you.

* * * * * *

Feed your faith and your fear will starve to death.

Lord, I'm not used to being sick. Since this illness began, I have been very angry and impatient. I thought I had all the answers. I pray for some specific cures, as if I knew exactly what was best for me. Well, I don't know all the answers. But now I realize that I need your loving presence every moment more than I have ever needed it. O God, I believe in you. Help my unbelief. Amen. □

OUR CHURCH FOUNDERS

Margaret Pysarchyk

Whenever the founding of our church is recalled, it is always stated that in 1913 forty-six men met for the purpose of organizing the parish. But, as with other churches established around the turn of the century, the actual founding was not an isolated event. Instead, it was preceded by the organization of yet another group. Few parishioners remember or even know this, but to paraphrase a well-known radio commentator, now you're about to learn the "rest of the story."

In the latter half of the 1800's, coal fueled the growing industrial economy of this nation. But cheap, expendable labor was needed to mine the natural resource. After utilizing the manpower of various European groups, the Carpathian Mountain region became the focus for filling the need for laborers. Around the turn of the century the dire poverty of this area caused many to see coal mining as an opportunity to earn money and a chance for a new life in America.

But life at the bottom of a coal mine was anything but idyllic. The hours were long, the work dangerous, and the pay low. Accidents were frequent and respiratory illnesses common. If a miner was injured, or worse, he and/or his family were at the mercy of the mining company. If a miner couldn't work for three days, he and his family were forced to leave the "company" home in which they lived unless a child in the family could take the father's place. Before there were child labor laws in this

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OBSERVATION ON CARPATHIAN TOURS

One of the activities on our tours to the Carpathians was making side trips looking for villages of some of our ancestors. These trips led us down dirt roads and over dried creek beds limited only by the size of our bus and the competency of our driver. Our last bus was equipped with the Global Positioning System so when maps weren't detailed enough we were never lost.

One of the villages we were searching for was Ustye Russke, which is in the southwestern tip of Poland in the Krynica area. The name has been changed to Ustye Horlystska by the Polish government and we had difficulty finding it until we compared old and new maps. What we found was that the village now consisted of a few scattered houses and four modern German-type block houses at the crossroads. Each house was surrounded by a wire fence which protected the garden and kept in the chickens. There was no lawn around the houses – all space was used for planting vegetables or flowers. When the occupants of one house saw our bus on the road, they came out on the stoop. We went to ask for information. After the usual pleasantries, we asked about long gone relatives. They gave us as much information as they had and directed us to an old woman who was the unofficial historian.

We found that the village church was dedicated to St. Paraskeva. It was organized and the church built in 1539. The parish was endowed with 20 acres of arable land, 148 acres of meadows, and 70 acres of forest. At this time, the parish was one of eighteen in the eparchy which consisted of 35 churches and 18,000 members. There were more churches buildings than parishes because they were built so that people could walk to services. The eparchy was drastically reduced when almost two-thirds of the people emigrated to the USA in the 1880's.

The typical parish supported their

(Continued on Page 21, Col. 2)

THE ORTHODOX HERALD
(USPS 600-140)
(ISSN 0744-1495)
Published monthly by
The Orthodox Herald, Inc.
Transjurisdictional Publication
Special non-profit rate
Entered as Periodical-Class Mail at
Hunlock Creek, PA 18621 and Mahanoy
City, PA 17948 an additional mailing office.
Founders and Editors: V. Rev. W. Basil
Stroyen, M.A., Ph.D., D.D. and Nina Bohush
Stroyen, R.N., D.D., D. Litt
Phone 570-256-7232
Annual Subscription $7.00 a year.
$12.00 for two years.
Packet Plan Rate on Request
Address all correspondence to:
P.O. Box 9
Hunlock Creek, PA 18621-0009
Contributions are tax deductible
Published since 1952

News CHRONOLOGY

AUGUST 1999

DIED: Pani Anna Rusyn in Hammond, IN

BUFFETED BY THE DIFFICULTIES they experience, few people in the post-Soviet states expect their situation to improve. The shift from optimism to pessimism is now so widespread that it constitutes a veritable revolution of falling expectations.

THE 11TH CENTURY GOLDENDOMED CATHEDRAL of St. Michael in Kiev was destroyed in 1930 by Stalin. Now it has been rebuilt as has the belfry of the monastery complex. Priceless items saved and placed in St. Sophia Cathedral and museums in Russia for safekeeping will be returned. It is hoped that the cathedral will be reopened for worship in 2000.

THE VATICAN HAS ISSUED a revised rite of exorcism, which is the ancient practice of driving out the devil from people who are possessed. The text cautions that people who are suffering from psychic illness should not be considered for exorcism. The rite also allows for cleansing places and things of demonic influences. Genuine possession can be recognized by various criteria.

RECEIVING CONGRATULATIONS was **The Orthodox Herald** from George H. Ryan, Governor of Illinois, at the occasion of its 47th anniversary.

CORRESPONDENCE PROGRAMS in Orthodox Theology are available from St. Stephen's Course of Study, 358 Mountain Rd., Englewood, NJ 07631.

THE ORGANIZATION ON SECURITY AND COOPERATION IN EUROPE released a report which said: "While Western governments and human rights groups have typically focused their attention on increasing restrictions (on religious organizations) in the East, little or no attention has been paid to similar developments in Western Europe... In Western Europe, hundreds of minority religions are targeted as dangerous and harmful."

POPE JOHN PAUL II's two-day visit to St. Louis cost local, state and federal governments at least $3.4 million.

THE HOLY SYNOD OF ANTIOCH meeting in July 1999 discussed, among other things, "the absence of the mystery of penance (confession) from the life of many of the faithful in the Church." The decision was to urge the faithful to practice this fundamental mystery, pointing out its importance in the spiritual life. The parish priest is to encourage and train their parishioners to practice this mystery.

ICON CORNER BOXES are available from Vaalam Society Bookstore, 824 Chestnut, Chico, CA 95928. Phone 1-916-893-1814. These are handcarved wood, stained to order, and are either flat or cornered. Cost is $65 plus $6.50.

THE MONASTERY OF MOR GABRIEL, founded in 397 AD, which is the spiritual home of the estimated 3 million Syrian Orthodox Christians, is again under siege. Turkey has 20,000 of the adherents. The monastery is tucked amid rugged mountains where Kurdish separatists are fighting with the Turkish army. The world's oldest functioning monastery is trying to continue a 1600 year tradition of teaching children about the Syrian Orthodox faith and the Aramaic language.

IMMIGRANTS FROM GALICIA AND BUKOWINA arrived in Alberta Province in Canada as early as 1890. They were given land by the Canadian government at no cost. By 1896 there were about 70 families in the Edan/Star area. A priest came in 1897 and a church was built in 1898. Many of our priests ordained in the early 1900's were assigned to Canada for their first parish.

SEEDS ARE AVAILABLE to send or take to Eastern Europe. Three pounds of seeds are available for $15 from Holy Newmartyis Church, PO Box 340337, Hartford, CT 06134. For info call 860-892-5037. This Mission has sent 2500 packets of flower seeds to Church World Service and over twelve trailer loads of humanitarian aid to Russia. Helen Chura Nowosadko has been honored by several organizations for her humanitarian efforts.

SOLIA, May 1999 had an excellent article by Bishop Nathaniel on the difficulty of divided Orthodoxy in America. It manifested itself in Kosovo problem. SCOBA is ineffective. SOLIA, PO Box 185, Grass Lake, MI 49240-0185.

THOSE MARRIED IN 1942 are celebrating their 57th wedding anniversary and can receive a gift from H.J. Heinz. Send a copy of your marriage certificate and a letter signed by both husband and wife to "Happy Anniversary," H.J. Heinz Co., PO Box 57, Pittsburgh, PA 15230-0057. In 4-6 weeks you will receive a crystal ball etched with the Heinz 57 keystone.

THE MALVY CHOIR from Ukraine will give concerts throughout Central Pennsylvania from August 25-30. Concerts will be given in Bloomsburg, Williamsburg, Wellsboro, among other venues. Call Rev. Doan at 570-323-7272 for info.

THE RUSSIAN ORTHODOX CHURCH has a daunting task in trying to rebuild church structures and to educate the faithful after decades of atheistic indoctrination.

IN ALASKA there are between 80-85 parishes serviced by 25 priests whose main income comes from fishing. Most of the priests are native born. Bishop Innocent is in residence at the newly-built cathedral in Anchorage. To help in the task of keeping the faithful informed about their Orthodox faith – we have been sending **The Orthodox Herald** since 1952 - 48 years.

CIRCLE OF LOVE is a prayer group whose members pray for others between 2 and 3 p.m. Many of the members have illnesses of their own so they understand the power of prayer. They believe praying together makes the prayers lift closer to God's ear. Anyone can join this Circle of Love. Write Betty Cramp, Circle of Love, c/o SS Peter and Paul Church, 7700 Baimbridge Dr., Downers Grove, IL 60516.

• Our Church Founders

country, boys as young as nine and ten were forced to work in the mines.

These Eastern European immigrants needed security for themselves and their families. Turned away by established insurance companies because they were foreign, they created assessment-based fraternal benefit societies to care for the needs of their own people. The Russian Brotherhood Organization, established in 1900, was one of several created for this purpose.

In Lorain, men came not to the coal mines, but to the steel mill, and in 1910 established R.B.O. Lodge #123 three years prior to the founding of the church. When the parish was organized, many of the forty-six men were R.B.O. members. As with other churches in America, brotherhood members not only founded Carpatho-Russian and Russian Orthodox Churches, but they donated lodge funds and offered their own skills to build their churches. Our parish records in 1925 show that donations for the church bell included $300 from the Brotherhood of Ss. Peter and Paul #123 and $300 from the Brotherhood of Archangel Michael #187 – very large sums for that time. Although they weren't religious organizations, the donations clearly indicate the importance the Church had in the lives of the brotherhood members.

In the 1920's the R.B.O. changed to a modern insurance company. In our own parish, growth and the forward-thinking of members necessitated the establishment of a chapter for children. A photo commemorating the 25th anniversary of Lodge #123 showed a group assembled that constituted the majority of the parishioners – both young and old. The event was so important that a banquet and a parade were a part of the festivities. R.B.O. Lodge #123 grew and remained stable even during the dark days of the Depression.

In the not-too-distant future, the R.B.O. and other fraternal organizations would find themselves not only helping their own people, but providing generous assistance to their country now at war.

* * * * * *

Life is like a fine piece of oriental tapestry put together with many exquisite strands. It has the gold of success, the crimson of suffering, and the sombre hues of sorrow. Through every experience, however, the Holy Spirit of God can help us weave these threads of time into a colorful pattern of loveliness and wisdom.

•Observation

pastor and his family by working on the lands given to the parish. The members were required to give a certain amount of days of free labor. They plowed, planted and harvested from the arable land, cut hay and pastured the cows in the meadows and cut wood in the forest. Children were also obligated and were given chores. Adults who were unable to work because of age or infirmity were given jobs according to their ability. The priest usually remained in one parish for life.

The makeup of towns around Ustye Russke has changed. These include Gorlice, Stawisa, Hanchowa, Ripka, Hladyshow and Ropitsa Russka among others. The reason for the drastic change was the ethnic cleansing occurring twice. Those of Russian extraction were resettled twice, the last time in 1948 to what is now Western Poland around Zelena Hora, or in what is now Ukraine around Lvov. Their homes and lands were taken by Poles. Some villages were destroyed entirely. The only thing remaining may be a set of crumbling stairs leading to nowhere and outlines of destroyed buildings. Even the cemeteries were bulldozed over. These sights saddened us and the bus would be unusually quiet on the return to the hotel.

FLOWERS FOR GOD

People who believe in God in their own way, yet do not believe in the Church, often ask, "Does God really need all this ritual? Why do we have to have all these formalities? We only need love, beauty and humanness."

A man, on his way to the woman he loves, seeing flowers, buys them or picks them and brings them to her, never stopping to think whether this is a formality or not. Yet this is the very concept of church ritual.

Love for God gives birth to the beauty and humanity of the ritual, which we lay, like flowers, at the feet of God. Faith is love, and the essence of Christianity is to be in love with God and to feel that the Church is His body which has remained with us on earth. This feeling expresses itself in actions which we call rituals.

However, if only external and dead action remains, then such action will be sterile and self-deceptive, not only in Christianity but in any sphere of human life, even in science. This truth should be clear to everyone.

•Kitchen Corner

may have stuck to frying pan. Stirring constantly, add 2 cups of water slowly to make smooth gravy. Return meat, mushrooms and onions to gravy. Cover tightly and cook until meat is tender. If you are not going to serve the stroganov right away, you may transfer it to another utensil. Ten minutes before serving, stir in 2/3 cup sour cream, adjust the seasoning. Add the maggi or meat extract. Garnish with dill leaves.

Formalism and sanctimoniousness is not Christianity. Each one of us has to move along this long and narrow way from non-Christianity to Christianity, from artificial flowers to live ones.

(Fr. Sergei Fudel)

HOW WE SEE HIM

When witnesses to an accident are questioned as to what they have seen, their recollections can vary greatly. St. Maximos the Confessor wrote about the appearance of Christ at the Transfiguration.

"The Lord does not always appear in glory to all who stand before Him. To beginners He appears in the form of a servant (Phil 2:7); to those able to follow Him as He climbs the high mountain of His Transfiguration He appears in the form of God, the form in which He existed before the world came to be (John 17:5).

"It is therefore possible for the same Lord not to appear in the same way to all who stand before Him, but to appear to some in one way and to others in another way, according to the measure of each person's faith.

"When the Logos of God becomes manifest and radiant in us, and His face shines like the sun, then His clothes will also look white. That is to say, the words of the Gospel will then be clear and distinct, with nothing concealed. And Moses and Elijah – the more spiritual principles of the Law and the Prophets – will also be present with Him."

* * * * * *

Maturity begins when we are content to feel we are right about something, without feeling the necessity to prove someone else wrong.

ALL CAME

"And the whole city was gathered at the door of Simon and Peter's house (Mark 1:33) – those afflicted with a variety of ailments, those who accompanied them, as well as the merely curious.

Isn't this true even in our own time? Anyone known to have healing powers – whether spiritual or physical – attracts a large crowd; we have but to turn on our televisions and see some healing service on a "religious station."

What was distinctive about Jesus' work of healing was that it was a manifestation of God's reign. The miracles of healing, then, involved more than those healed: they were a proclamation of the Good News, a representation of God's healing power at work in the world.

When healing takes place in our own lives, we, too, become signs of this power. When we find release from addictions, illnesses, depression and despair, we embody the grace we have received. Our movement away from disease toward wholeness becomes a statement about God's saving action. We, ourselves, become examples of grace, signs of God's presence.

Help me, O Lord, that Your Good News may be proclaimed through me!

SHORT PRAYERS

Prayer is easily accessible anytime or anywhere. The following is a series based upon short one-line prayers that are either biblical or written by pious men and women in the Church throughout the centuries. They may be suitable for private devotions or under certain life situations. Due to the conciseness and brevity of the prayers, they may be recited in a repetitious way for a short period of time or meditated upon. Several one-line prayers are given for each category. Select one.

Plea for mercy:
Lord, have mercy.
Lord Jesus Christ, Son of God, have mercy on me a sinner.
God, be merciful to me a sinner.
God, cleanse me of my sins and have mercy on me.
Lord, forgive me, I have sinned without number.
Have mercy on me, O God, according to Your great mercy.
Be merciful to me, O God, my soul trusts in You.
Help us, save us, have mercy on us, and preserve us O God, by Your grace.

For an increase of faith:
Lord, I believe, help my unbelief.
My Lord and my God.

Glory and Praise:
Alleluia! Praise the Lord!
Glory to You, our God, glory to You!
How awesome are Your works, O Lord.
Blessed by the Name of the Lord, now and forever.

To the Trinity:
Holy God, Holy Mighty, Holy Immortal, have mercy on us.
Most Holy Trinity, have mercy on us.
O Most holy Trinity, our God, glory to You!

Entering a church:
I was glad when they said to me, "Let us go to the House of the Lord."
I will enter Your house and worship toward Your holy Temple in Your fear.

Approaching the chalice for holy communion:
Remember me, O Lord, when You come into Your kingdom.
Behold, I draw near to the Immortal King, and our God.

Before study:
Lord, enlighten my mind and my heart.
Lord, be my helper and protector.
Blessed are You, O Lord, teach me Your statutes.

Ray Mastroberte

FUNDS

ALASKA AND MISSION FUNDS - Robert Rodka, Ann Lykens, John Russian, Dorothy Crossan, Ethel Watlock, Ann DeMatto.
ALASKA FUND - Helen Korba, **Mary Ann Macko.**
MISSION FUND - Leonard Palceski.

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Hypocrites

The person who says he stays away from church and religion because it is full of hypocrites is not influenced by them anywhere else. Business is full of them, but if he sees a chance of making money he does not stop for that.

Society is crowded with them, and yet he never thinks of becoming a monk or a hermit.

Married life is full of them, but that does not make him remain unmarried.

Hell is full of them, and yet he does not a thing to keep himself from going there.

He wants to have you think that he is trying to avoid the society of hypocrites, and yet he takes not a single step toward heaven, the only place where hypocrites cannot go.

Dabs of Thoughts

The rubric of the Orthodox Church (rules on conducting the services) directs which prayers are to be said by the priest aloud, and which are to be said silently or unto himself. In the Anglican Church this manner of secret or subdued prayer was entirely abolished at the Reformation.

We have a need to honor ethnic roots while affirming the universality of the church. We each, inevitably, have roots through which we are connected to family and forebearers, but we need to move in Orthodoxy today, toward melded traditions, honoring all, but not allowing any to dominate or blur Holy Tradition. We must be both tolerant and sensitive to the need for unity in Christ above all. (Faith and Ethnicity group)

It was a tradition to collect donations for the church at baptisms and weddings.

So many women now wear slacks or trousers, why are they still considered men's clothing?

"God doesn't mind what you wear, just as long as you go to church. The Lord never said that we couldn't wear shorts to Church!" Would you think the same if you were invited to a banquet at the White House? How would you dress for the occasion? It is Jesus Who invites you to His House. See Him with the eyes of faith and then decide how you should dress for your audience with Him.

There is a bland form of Orthodoxy developing in some places. It is encouraging a western-type focus on the Eucharist to the neglect of the other services of the Church. It also forgoes those aspects of Church practice which require any form of dietary, personal or financial discipline and sacrifice. The one hour Divine Liturgy is favored almost mandatory.

Prayer unites the earthly members of the Church with the heavenly members. It does not cease, but ever more increases and is exalted in the heavenly kingdom.

Imagine just for a moment that you have been arrested because you are an Orthodox Christian. Would the arresting officer and the court find enough evidence to convict you?



EDITORS' NOTES

You may have noticed the change in the look of "The Herald." Our format had to be changed to conform to Post Office rules. This caused a lot of confusion with the result that the mailing was delayed for a week. In the long run, the changes will speed delivery of your copy.

Late in July, our friend, Betty, came back from Ukraine. She was kind enough to bring some Easter basket covers. They have been sent to all who have ordered them and we have a few left. First come, first served. The covers are hand-counted embroidery and take about a week working steadily to finish and still cost only $30.

As the years go by it seems that more and more of our friends are ill. We put them on our prayer list as we do those who ask us to pray for them. Our new front porch is such a perfect spot to sit and meditate. Early morning finds us there praying.

I talked with God this morning
And lifted you in prayer
I knew you were weighed down with
Much heartache, pain and care.
I asked for God to touch you
And take your pain away
Be it His will, or give you
Strength to endure each day.

Take a vacation but not from God.

The Stroyens

PRESS FUND

God bless those who are helping us to keep printing. As many of you know, our paper is wholly reader-supported. We are not subsidized by anyone. We thank you again, our dear friends and readers.

John Russian, Helen Korba, Robert Rodka, Leonard Palceski, Mary Ellen Kondratino, Helen Baburchak, Anonymous, Eva Souchick, **Mary Lorko,** Charles Kavka, Catherine Shaffchick, Irene Allen, Ann Lykens, Ann DeMatto, Dorothy Crossan, Anne Dorozynski, Pauline Gantner, Ethel Watlock, Mr. and Mrs. Andrew Fedetz.

Scott and Susan Boris in honor of the marriage of Annette and Neil Simmons on May 30. Anne DeMatto for health of Father and Pani. Dennis Pelak in memory of his father Frank Pelak. For health of Emil Kostelny. Mr. and Mrs. Paul Stenko in memory of Uncle Jack and Aunt Olga (Kowalchik) Chukalochak. Father and Matushka Stroyen for health of Diane, Mary and Tim.

Claudia Slaby, the daughter of Anthony and Stephanie Pawlik, gave a year's gift of the Packet Plan in their memory to Holy Ghost Church. Tony died several years ago; while Stephanie died unexpectedly this past winter. Eternal Memory!

ETHNIC CHUCKLE

Dorohaya Tyotya Mareyah,

Yah feeling taka dumb. Yah nepeesala note doh insurance company ee ohnee calling me no nah telephone boh ohnee neh mohlee understand me note. Yah taka upset ee taka embarassed zhe yah dumam yah better learn good English.

Yah remembered zhe papa peeshol doh night school nah citizenship papers toh yah decide zhe yah peedo doh night school. Yah peeshle doh scholee registrovatee nah night school ah ohne me poveelee zhe ohne teper kleechute neh night school noh Continuing Education.

Kolee yah poh registrovala yah decided to go to K-mart kupetee tablichku ee pencil. Takee selection paper ee pencils you wouldn't believe.

Yah peeshle doh scholee pervee day. Shitko peeshlo barz dobree. A me teacher tachee krasne (good looking) zhe yah decided to change me hairdressing appointment ot Friday doh Tuesday kolee mayou class. Ee ysh peeshla do K-mart kupetee novee pant suit. Yah want to looking pretty good.

Preshhol time nah second class. Yah feeling yak staree veteran. Yah putting me notebook oo brief case yak druhee studentee. Noh yah mala takee time zhe yah dumam zhe yah scrazooyou. Preshlo doh spelling class. Me teacher ask one students one by one to spell words. My turn. Ohn kazhey - spell knife. Yah dumam ee dumam ee kazhoo - NIFE. Ohn corrected me - KNIFE. Ok yah dumam. Yak something eeday na N yah put KN. Preesoh me turn again. Teacher said spell nose. Ah, yah feeling take smart - Yah kazhoo KNOSE. Ohn me povee-wrong. Ah yah yehmu kazhoo I'm right. You say KNIFE teper gotta be KNOSE. Shitkee druhee studentee tak barse laughing nah menee zhe yah dostale taka flustered. Me face turned red. Yah not know shto robitee. Yah taka happy kolee time to go home.

Nah third class yah mala yesstyeh more trouble. Teacher asked me - Do you know your lesson? Yah answer - no. Ohn kazhe write my know and your no. Yah kazyu NO, NO. Ohn corrected me - KNOW, NO. Yah taka mad. Yah dumam zhe ohn thinking tah yah taka dumb bell. Yah kazhyu him - You can't fool me. NOW - now. If you want me to put K before NOW it cannot be NO.

Yah taka confused. Yah dumam zhe yah neh going to continuing me education boh yah getting taka mixed up. Yah barz worried zhe yah neh budoo znatee yak peesatee vam tak dobree po ruskee yak yah teperh writing. Bude hymba vam cheetatee me peesmo doh krayanam because yah budoo matee so many mistakes.

Doing good po nashemoo
Budte zdvovee,
Hanya

MOUNTAINS

Mountaintops have long been connected with glory and holiness. God met Moses on the mountain and there gave him the Law for the people. The Bible is filled with other examples of God coming to a mountaintop to communicate with His people and to give them blessing. There are also many examples of people going to the mountain to worship the Lord.

Those who climb mountains tell how they feel exhilarated and close to God. Even standing at the foot of the mountain and gazing up at its majestic beauty puts them in touch with God's glory and holiness. From the mountain comes strength and a sense of Holy Presence.

The mountain is a special place for God's revelation. Because of this, mountains are often called Holy and people often went there and still go to worship the Lord.

Jesus often went to the mountains to pray and His own Glory was revealed on the Mount at the Transfiguration. He died upon a hilltop and ascended to heaven from a mountain peak. He met with His apostles on a mountaintop and sent them forth to take His message of glory to all the world. We celebrate His transfiguration on the mountain on August 6/19 when we read from Matthew 17:1-9.

* * * * * *

"Thou shalt remember all the way which the Lord thy God led thee." (Deut. 8:2)

There are important lessons to be learned from the past. We are not to live in the past, but to remember what God has taught us from the past.



The Orthodox Herald
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Orthodox Information for Inspiration
Holydays in August
Transfiguration and Dormition

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I was pleased to see two Russian dishes on the menu for the wedding reception of Prince Edward and Sophie. They were classic kulebiak made with fish, rice and mushrooms and beef stroganov. I remember the first time I made beef stroganov. It was for a buffet for chaplains on Russian Christmas. At the time we lived in an old farmhouse in Ovid, NY with a huge farm kitchen in which we had a huge oak table. There was room for all our guests. I had difficulty finding sour cream, as most stores did not carry it at that time. As this was a buffet or zakuske table, I offered small party rye bread slices with the stroganov. My guests put the pieces of meat on the bread; but I remember that when all the meat was gone, many people dipped their bread into the tasty gravy, which was left in the pot. If you serve this dish at a sit-down dinner, you can serve with buttered noodles or mashed potatoes. In Russia, beef stroganov is served with french-fried potatoes. I share my original recipe with you.

Original Authentic Beef Stroganov

1/2 lb. mushrooms, diced
1 large onion, sliced
1 1/2 lb. round steak
4 Tbls. flour
oil or shortening
2 cups water
2/3 cup sour cream
salt, pepper
3 drops maggi seasoning or brown meat extract

Cut the 2-inch thick steak into very thin slices, about 2 inches long. Toss the strips with 2 Tbls. flour, salt and pepper. Set aside. In a large, heavy frying pan, preferably not nonstick, saute the mushrooms in a bit of shortening. Remove from pan. Add more shortening to same pan, add onion and fry until light brown. Remove from pan. Add more shortening to pan, heat until it is sizzling, and add only part of the meat so that it browns quickly and does not dry out or stew. When each part is brown, add to mushroom mix and continue until all meat is browned. Add the remaining 2 Tbls. flour to the remaining drippings in the pan. Lower heat and brown well, scraping bits of meat which

(Continued on Page 21, Col. 3)



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1	1 Cor 3:9-17	17	2 Cor 5:10-15
2	1 Cor 15:12-19	18	2 Cor 5:15-21
3	1 Cor 15:29-38	19	2 Cor 6:11-16
4	1 Cor 16:4-12	20	2 Cor 7:1-10
5	2 Cor 1:1-7		2 Cor 7:10-16
6	2 Peter 1:10-19	21	1 Cor 1:26-29
7	Romans 15:30-33	22	1 Cor 15:1-11
8	1 Cor 4:9-16	23	1 Cor 8:7-15
9	2 Cor 2:4-15	24	1 Cor 8:16-9:5
10	2 Cor 2:14-33	25	2 Cor 9:12-10:7
11	2 Cor 3:4-11	26	2 Cor 10:7-18
12	2 Cor 4:1-6	27	2 Cor 11:15-21
13	2 Cor 4:13-18	28	1 Cor 2:6-9
14	1 Cor 1:3-9	29	Acts 13:25-32
15	1 Peter 2:5-11	30	2 Cor 12:10-19
16	1 C	31	2 Cor 4:24-34

E STUDY

In 1 15:1-11 we find one of the first creeds of the Church: "Christ died for our sins according with the scriptures...He was buried,...He was raised on the third day in accordance with the scriptures,...He appeared to Cephas, then to the twelve..."

It is clear that what is described is a faith in a "life after life" which is not a mere fantasy or dream, but which is attested to be a solid, historic event – which can be confirmed according to the criteria of historiographic research. Jesus, the Source of our Orthodox Christian faith **is risen!** He **appeared** to witnesses that can be trusted, who later gave their lives for this faith – evidence that they took it very seriously indeed.

Earthly life in this continually flowing time is not the only reality. It is a part of a much deeper reality which transcends space and time. Consciousness of this helps us to better understand the things that go on around us in our lives and to make wiser decisions as to how to live those lives.

Jesus' death and resurrection changed death! Now we can see it as the means to transcend earthly life and enter into eternity, having left a gift for others with whom we have lived, worked and loved.

Fr. Ihor Kutash, Ph.D.

EXPLANATION

Psalm 15 is a powerful psalm, and we can't afford to skip over its two opening questions. That's because one day, when life is over, each of us will have to stand and give our personal answer. Take a few moments to read the answer given in the psalm to the questions: Lord, who may abide in Your tabernacle? Who may dwell in your holy hill?"

To bring these questions to our attention, they are asked in some of the prayers for the Holy Day of the Transfiguration. The answer is also given for we are taught how to prepare our hearts and lives in order to attain the blessed inheritance we seek – to live forever with God in heaven.

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Do not lightly discard spiritual love, for there is no other road to salvation.

Maximos the Confessor